

BULLETIN

**Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.**

*Distributed through generous support from the Community Support and Research Unit (CSRUs)
of the Centre for Addiction & Mental Health (CAMH)*

June 1, 2009 Bulletin 395

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Newsbytes

New impaired driving legislation in effect. As of May 1st in Ontario, drivers with a blood alcohol concentration of .05 to .08 or who refuse a breath test are subject to the following penalties:

1. suspension of driver's license for three days on first offence, including a monetary penalty of \$150.
2. suspension of driver's license for seven days after second offence and mandatory attendance at the "Back on Track" alcohol education program (at CAMH), a monetary penalty of \$150 and the cost of the program.
3. suspension of driver's license for 30 days after third offence, mandatory participation in complete remedial alcohol treatment program, and an ignition interlock condition placed on driver's license for six months.

Prior to this legislation the penalty for impaired driving was a 12-hour license suspension. ("New Impaired Driving Laws Took Effect May 1st"). Visit www.apolnet.ca/news/ITW/ITW-May09.html#2 for full story.

Health Canada publishes new pamphlet on Celiac disease. The Canadian Celiac Association, Foundation Quebecoise de la Maladie Coeliaque and Health Canada have made available an informative pamphlet on how to live with the illness. Celiac disease is an inherited condition in which the small intestine is damaged by the consumption of gluten, found in grains like wheat, rye and barley. It affects approximately 1 in 133 people. Treatment consists of rigorously avoiding gluten, which can be very difficult due to hidden sources of gluten in many food and drug products. ("Health Canada Improves Information Available For Those Suffering From Celiac Disease", Information Update, May 4, 2009 - For immediate release.) Call 613-957-2991 or visit www.hc-sc.gc.ca/fn-an/pubs/securit/gluten_conn-lien_gluten-eng.php for details. To read or download the pamphlet online visit www.hc-sc.gc.ca/fn-an/pubs/securit/gluten_conn-lien_gluten-eng.php.

According to the Canadian Celiac Association, depression is a well-documented presentation of untreated or undiagnosed CD with improvement usually noted after placement on a gluten-free diet and vitamin B6 treatments (Source: Canadian Celiac Association.) Visit www.celiac.ca/EnglishCCA/ccaenglish.html for details.

New Research on role of Vitamin D in protecting against dementia. A study published in the *Journal of Neurology, Neurosurgery and Psychiatry* of 3,133 men between the ages of 40 to 79 across Europe found that those with higher levels of Vitamin D had better memory and faster information processing. Experts caution that while adding to growing evidence that Vitamin D has a positive effect on the brain, more research is needed to determine whether it can reduce risk of dementia. ("Research links vitamin D with dementia protection" – Source: Press Association, United Kingdom, Released 21/05/2009). For full story visit www.mentalhealth.org.uk/.

New Study shows schizophrenia not linked to high rate of violence. A study published by the Journal of the American Medical Association (JAMA) in May 2009, the largest to date of its kind, compared 8,000 people diagnosed with schizophrenia to a control group of 80,000 people in the general population of Sweden between 1973 and 2006. Dr. Niklas Långström concludes "...the idea that people with schizophrenia are generally more violent than those without is not true" and "[P]eople with schizophrenia but no co-occurring substance abuse are *insignificantly* (italics mine) more violent than people in general." (Publication: "Schizophrenia, substance abuse, and violent crime", Seena Fazel, Niklas Långström, Anders Hjern, Martin Grann, Paul Lichtenstein, *Journal of the American Medical Association (JAMA)*, 20 May, 2009). For full story visit <http://www.mentalhealth.org.uk/>.

You may get a call from ODSP...

People who are on ODSP for medical reasons are sometimes put on for life, or if the Disability Adjudication Unit (DAU) feels you might get better, for 5 years or 2 years, depending on what medical condition you have. Up to now, ODSP has not been following through with the Medical Reviews to re-qualify people after these dates are up, but they have just started doing that now.

We've heard from the Income Maintenance Office at CAMH that ODSP staff will randomly select and review 100 cases across the province per month. They will start with people who have the 2 year Medical Review date. If you are chosen, your caseworker will call first and then send a medical package to you. It will be the same package as when you applied for ODSP and you will have 90 days to collect the information and send it in. If you are trying to comply, your benefits will not be cut off.

If you are deemed to no longer qualify for ODSP, income supports and benefits will continue for 3 months to help you adjust, although ODSP assures us that the eligibility criteria has not changed and that you will be cut off only if your medical situation has changed.

Decisions can be appealed. FBA (Family Benefits Allowance) grand-parented clients are not subject to medical review because they never did have to go through this process in the first place.

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What is Mad Pride?

Meliq Starkman

It was Karl Marx among other lesser lights who said the insane could never be organized in the struggle to change the world much less understand it. Who are these insane? They are the individuals who over the last few years have organized in Toronto and many other places around the globe to celebrate their madness in whatever form it manifests itself. Whether it is psychiatric survivors, consumers, so-called clients, those who perceive themselves as being different, those alienated from the comfortable niche in a society of conspicuous waste, those socially controlled, those fed up, the creative who test the boundaries of our values, the nay-sayers, the dispossessed and marginalized or those simply happy-go-lucky who want to have a good time in what are perilous, over-sober-sided grim times.

In the last few years hundreds have joined in what will now be the third Bed-Push march from the front of the Centre for Addictions and Mental Health to the welcoming arms of the Parkdale Activity-Recreation Centre. Banners, placards and costumes are seen all the way along and a general uproarious time is had by all including gaping bystanders of all ages sending the marchers gaily upon their way.

Is there any significance or harbinger of a social trend to come in this Mad Pride? Of course. It means that we won't tolerate the old ways too much longer, the days of institutionalization. Big Pharma, social control, biological answers to human problems and the whole medical model by which pills are the bills you pay for seeking the quick fix to life's dilemmas.

Thinkers like Marx and in our day social reformers like Michael Kirby of the Mental Health Commission had and have no clue of the power of the grassroots capacity of those they call the "mentally ill". By using that pejorative term they write off a whole cross-section of the community. By wanting the struggling mad to take pills to alleviate their woes Kirby and his cohorts are missing the whole picture not only is it that society is ill and the mad the victims but that the economics and sociology of perceiving and validating an emperor who has no clothes is to skew the question such that the Mental Health Commission has started out from premises that will exacerbate the problems of the mad rather than work toward alleviating the problems.

Meanwhile Mad Pride is kicking off this July with the Bed Push on the 18th. Follow the agenda of Mad Pride in the C/S Bulletin. See you there.

Mel Starkman

Wish List

Requests this issue include a cassette player with 2 decks, a strong knapsack to use while riding a bike, a laptop computer (nothing fancy), and a yoga mat.

The air conditioner is still available but you need to be able to transport it yourself. A subscriber has donated a 2-phone cordless phone set. If you can fulfill a request, would like to make a request, or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882.

C/S Online

<http://www.youtube.com/paulmackle>

We mentioned Streets-to-Trails in the May 1 Bulletin. You can watch 2 short videos documenting recent canoeing trips organized by them by following the website address above.

COMMUNITY ANNOUNCEMENTS

Inclusion of an announcement is *not* an endorsement of the views of any organization or individual.

Mood Lighting Video Contest Winners

1st place winning video - [Speak Up](#). Written, produced and directed by Chelsea Maloney, Mike Williams and Megan Stewart

2nd place winning video - [The Brain is Part of the Body](#) by Patrick Fishman, Sylvia Nagy & Chelsea Stevenson

3rd place winning video - [Head Cases](#) by Matt Greyson

Honourable Mention video - [Created](#) by Peter Mulcair

You can view the videos on-line by clicking the titles.

Come Celebrate the 22nd Anniversary of A-WAY EXPRESS
Toronto's Environmentally Friendly Same-Day Courier
(Managed and Staffed by Survivors of Mental Health Challenges since 1987)

Help us launch our new video produced by The Cooperators and help us raise funds to establish a new social enterprise: *Applause Gallery Café*, an artist-friendly venue for musicians, singer-songwriters, poets, painters and writers, and create more jobs for survivors in a truly supportive workplace!

Party to the Reggae Rhythms & Rhymes of Ritalin and Instant Release.

Performers include Greg Frankson, aka Ritalin, poet laureate for the International Initiative for Mental Health Leadership and Kiki Mahy, Toronto Performance Poet, a creative, free spirited moonchild navigating the path of life with gratitude, humility and the sweet taste of poetry on her tongue.

Friday, June 5th
Starting at 7 pm sharp and ending at 10 pm
Church of the Holy Trinity
10 Trinity Square (west side of the Eaton Centre, north of Old City Hall)
Admission \$10

Legal Adult Photo I.D. Required

Food and Beverages prepared and served by The Raging Spoon Restaurant and Catering

50 Door Prizes worth over \$5,000 donated by Kumaris (94 Cumberland St. in Yorkville - www.kumaris.ca).

**The Front Line Workers' Series
Presented by Toronto Harm Reduction Task Force**

Toronto City Hall
Committee Room 2
100 Queen Street West
June 1
Starts at 1:00 pm

Facilitator: Brian Philcox, FAS World Canada

The Front Line Workers' Series based on the film "Bevel Up". This series will be of interest to anyone who works with people where drug use is a concern.

There is NO FEE to attend and EVERYONE is WELCOME.

Event Sponsors: Toronto Harm Reduction Task Force

Call 647-222-4420 or email torontoharmreduction@yahoo.ca.

**Alternatives invites you to attend a presentation and discussion
addressing art, creativity and recovery**

Danforth/Coxwell Public Library (2nd floor)
1675 Danforth Ave.
1:30 – 3:30 pm
Tuesday, June 9, 2009

Our special guests/presenters are artist, Susan Schellenberg and psychologist, Rosemary Barnes. They are the co-authors of *Committed to the Sane Asylum: Narratives on Mental Wellness and Healing*. Their book addresses the limits of traditional, patriarchal mental health care, and highlights the value of narrative, art and creativity in Susan's recovery from a significant mental health problem.

"Mentors gave me the courage to make art and the structures that would enable me to heal from mental illness through artistic expression."

Following the presentation audience members are encouraged to share their own stories of how art and creativity helps them in their recovery journey.

For more information contact Brian McKinnon, 416-285-7996 x 227

VOICES FROM THE STREET
CLASS OF 2009 PRESENTS...

THE COURAGE TO HOPE

An afternoon with some of Toronto's bravest agents of change.



Artwork by Nicki McClure

MONDAY JUNE 15TH 2009

1:00PM

CITY HALL, COUNCIL CHAMBERS
100 QUEEN STREET WEST

Refreshments will be available. TTC provided for those otherwise unable to attend.

Voices From the Street is a Speaker's Bureau for people who have experienced homelessness, poverty and/or mental health problems.

Each spring, 12 to 14 people participate in a 4-month training program that prepares them to take on a leadership role in educating the public about homelessness, poverty and mental health.

For more information call
416-504-1693 x 228 or
email speakersbureau@bellnet.ca
or visit <http://www.voicesfromthestreet.ca/>.

Job Postings

Please note that we have a bulletin board at the Centre where we post jobs that we don't receive in time to publish in the Bulletin. It may be worthwhile for jobseekers to drop by periodically and check the board.

LEARNING ENRICHMENT FOUNDATION seeks Resource Centre Specialist Position - ISAP Program

POSITION TYPE:

Full time position, 40 hours per week, including flexible hours

SALARY RANGE:

Based on experience

START DATE:

Immediately

JOB REGION:

Metro Toronto Area

AD POSTED:

05/15/2009

APPLICATION DEADLINE:

06/4/2009

LOCATION(S):

Toronto, South Weston District

PROGRAM DESCRIPTION: This position is part of the Integrated Settlement Assistance Program of LEF. We deliver essential, direct settlement supports to newcomers by providing information, initial assessment, practical guidance and orientation sessions, group workshops, individual counseling, referral to community services and assistance with settlement needs

PURPOSE: To assist newcomers to adapt and integrate effectively into the Canadian Society.

REPORTS TO: Program Manager

RESPONSIBILITIES:

- Assess and recruit participants;
- Undertake outreach, orientation, assessment and intake functions as required;
- Organize, develop and facilitate group sessions/workshops and networking events;

- Provide individual counseling support at the Resource Centre: in person, over the phone and by e-mail as needed;
- Provide support to Program Counselors;
- Assist in developing/updating and modifying existing program material to suit needs of clients;
- Identify and access additional resources, such as internal and external guest speakers, materials, articles and program support information;
- Compile and file information through an e-filing system and informational displays; and update program website;
- Conduct research and provide briefings on specific topics as required;
- Provide translation and interpretation services when required;
- Provide employment assistance services to clients;
- Develop contacts with external agencies for purposes of referrals and networking;
- Maintain statistics on client/service activities including follow up and report as required;
- Assist with updating and closing client files by performing regular follow-up and entering information in funder's and our own database systems;
- Assist in the evaluation of the program's effectiveness and forward solutions to enhance service effectiveness;
- Work as part of the LEF – ISAP team to ensure smooth delivery and coordination of service to clients;
- Handle additional tasks as assigned by the Program Manager.

SKILLS, EDUCATION & ATTRIBUTES:

- Post-Secondary degree in related discipline or equivalent work experience (2+ years);
- Minimum two years of experience in social service delivery, preferably in settlement and employment services;
- Superior on-line research, social networking and communication skills;
- Strong interpersonal and client service skills;
- Excellent (individual and group) counseling and facilitation skills;
- Sound written communication and presentation skills;
- Problem solving skills and resourcefulness in meeting client's settlement needs;
- Sensitivity to and understanding of issues of concern to immigrants and refugees;
- Knowledge of adult learning principles;
- Understanding of Entrepreneurship programs or Entrepreneurship experience;
- Positive attitude towards change, initiative, energy and persistence to complete tasks;
- Excellent time management and teamwork skills;
- Proficiency in Windows, MS Word applications and Internet use and research;
- Ability to work day time, evening and Saturday hours;
- Access to a car and valid driver's license an asset;
- Proficiency in another language (e.g. Spanish), a definite asset.

Please send cover letter (*) and resume in confidence to:

LEF – ISAP Program Manager
 116 Industry Street, Toronto, ON, M6M 4L8
 Fax: 416-769-9912, OR
 E-mail: egaray@lefca.org

We thank all applicants. Only candidates selected for an interview will be contacted. No Telephone calls please!

(*) The cover letter must include a small essay (not more than 500 words) explaining candidate's view of community economic development and how it relates to settlement services.

The Ontario Council of Alternative Businesses seeks a Manager

To lead the operations of the **Raging Spoon Café**, a psychiatric consumer/survivor-run café situated in the Queen West area. The Spoon offers coffee, espresso, baked goods and lunch options.

The Café Manager will be actively engaged in operating the café: planning the menu, ordering supplies, serving customers and training staff. This position requires superior management skills, the expertise to juggle competing business and human resource demands, as well as the ability to develop creative menu items and ensure the production of high quality food.

Qualifications:

- Minimum two years experience managing a food service/caf  
- Superior skills in human resource management
- Experience in business marketing and product development
- Financial management experience
- Formal culinary training/post-secondary education
- Excellent communication skills
- Experience in a fast-paced kitchen environment

- Ability to manage a diverse staff-team
- Lived experience and understanding of the psychiatric consumer/survivor community.

Individuals from diverse communities are encouraged to apply.

The Ontario Council of Alternative Businesses is a unionized workplace. CUPE Local 4557

Salary: \$42,421 plus generous benefits

Please fax or email resume no later than June 12, 2009 to:

The Ontario Council of Alternative Businesses
1499 Queen Street West, Suite 203
Toronto, ON M6R 1A3
Fax: 416-504-8063
Email: ocab@on.aibn.com

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for June 1 - June 15

Art

June 13 – June 14 from 10 am – 6 pm. **25th Annual Beaches Arts and Crafts Show** presented by Beaches Arts and Crafts Show, Kew Beach and Senior Link. Craftspeople from all over Ontario. Free outdoor event with photography, art, fibre, glass, wood, food, clothing and much more! Proceeds to Senior Link and Kew Beach School. Rain or Shine. Kew Gardens Park. Queen St. East at Lee Avenue. Call 416-698-0143 or email info@beachesartsandcraftsshow.com or visit www.beachesartsandcraftsshow.com. FREE

Dance

Every Tuesday in June from June 2 - June 23 (no dancing June 30th) from 7 pm 'til dusk. **DANCING IN THE PARK** hosted by The Toronto Scottish Country Dance Association continues at Edwards Gardens. Join us for a Toronto tradition. We dance to wonderful live music by Bobby Brown & The Scottish Accent under a canopy of trees, on a green grass field carefully tended by Toronto Parks staff. It's quite a spectacle, and a good recruiting opportunity, so bring some non-dancing friends. The audience is invited to join in for two easy ceilidh-type dances. There is no fee for this event but a voluntary donation of \$5 is appreciated. Edwards Gardens. Corner of Leslie & Lawrence East behind the barn (follow the men in kilts). Call David Roper at 416-285-0367 or visit www.rscdstoronto.org. FREE or \$5 donation

Festivals

June 4 – June 12. Various locations and times. **LUMINATO – Toronto festival of arts & creativity**. Now in its third year, Luminato is an annual ten-day celebration of the arts where Toronto's stages, streets, and public spaces are infused with theatre, dance, classical and contemporary music, film, literature, visual arts, and design. Luminato embraces three key programming principles: collaboration, accessibility, and diversity. You can view the complete schedule of events and print your own festival planner at www.LUMINATO.com. We have posted the schedule on our Bulletin Board outside our office too. Call 416-368-3100 or email info@luminato.com or visit www.luminato.com/. Here is a sampling of the many FREE events.

Opening and Closing Events

- June 5 at 7 pm. **Luminato First Night with Randy Bachman**. Randy Bachman rocks Yonge-Dundas Square. Yonge-Dundas Square. FREE
- June 12 at 7 pm. June 13 at noon. June 14 at noon. Closing Weekend Celebrations: Featuring **Cirque du Soleil**. Canada's international entertainment company Cirque du Soleil® presents a special free event created especially for Luminato. This event is an inquiry into the very essence of human civilization. Beginning Friday night, two "communities" will form on the Toronto waterfront: one representing the natural world in which we have our instinctual roots and the urban community, the world we have constructed around ourselves. They'll make their homes at opposite

ends of the site, each in an environment antithetical to their respective world-view. What will happen as the weekend unfolds and the two communities encounter and interact with each other? You'll have to join in the festivities to find out – but expect to be amazed. Ht0 Park - Harbourfront Centre and Toronto Music Garden. 475 Queen's Quay. Free Shuttle Boat between Harbourfront and Toronto Music Garden every 25 minutes. Visit <http://www.luminato.com/2009/events/14>. FREE

- June 12 at 8 pm. **Goran Bregovic**. A rare musical event: a free concert by Goran Bregovic, musical superstar of the Balkans. Best known in North America for his unforgettable scores for such acclaimed films as *Borat!*, *Time of the Gypsies*, *Arizona Dream* and *Underground*, this Sarajevo-born rock star and composer is joined by his 20-piece Wedding and Funeral Orchestra. Yonge-Dundas Square. FREE

Dance

- June 6 at 11 am. **Family Dance Party**. In association with BUNCH, Toronto's expert on art and culture for families, we invite the whole family to this special Saturday afternoon event celebrating the music of the guitar. Come enjoy air guitar lessons, a tribute to guitar artists who can really wail, and guitar-inspired creations and crafts. Yonge-Dundas Square. FREE
- June 6 – 10. **Light on Your Feet**. Dance lessons start at 7:00 pm and performances at 8 -11 pm. Come dance with the stars and the moon too. Once again, Luminato's opening week offers you a unique opportunity to strut your stuff under the night sky as Vince Parrell returns to host five nights of open-air dancing in Yonge-Dundas Square. Each night is devoted to a particular dance style, opening with salsa on Saturday, June 6, moving on to country line dancing, Bollywood and disco, and ending with a big-band flourish on Wednesday, June 10. All the music is live, performed by some of the city's hottest dance bands. Yonge-Dundas Square. FREE

Film

- June 6 from 11 am – 7 pm. **Guitar Festival at the Luminato Reel**. A collection of full length films exploring guitar history and culture. Please note that this is one among several film collections hosted by the National Film Board for Luminato 2009. National Film Board Mediatheque. 150 John Street. Visit www.luminato.com/2009/free to check out other films. FREE

Music - Guitar Festival

- June 6 at 1 pm. **The Traveling Blues**. Metro Square. 225 King St. West. FREE
- June 6 from 2 – 4 pm. **The Great Canadian Tune**. Bring your guitar, help us choose the best Canadian song of all time - and get Toronto into the Guinness Book of World Records! We've put together a list of our top 10 Canadian guitar tunes. Now's your chance to help choose the all-time Number One Tune - and join what could be the world's biggest jam session. Yonge-Dundas Square. FREE
- June 7 at 11 am. **The World of Slide Guitar** with the Dereck Trucks Band, Daniel Lanoir, and more. Yonge-Dundas Square. FREE
- June 13 at 1 – 5:30 pm. **National Bank Yorkville Festival – Brazilian Guitar Marathon**. Lose yourself in Latin America - right here in Toronto - as the Assad Duo, Yamandú Costa, Luciana Souza, Romero Lubambo and other guitar masters take you on a day-long tour of their country's hottest sounds. Village of Yorkville Park. Bellair Street and Cumberland Street. FREE

Theatre

- June 6 from 2 – 10 pm. June 7 from 2 – 7 pm. June 12 from 7 – 10 pm. June 13 from 2 – 10 pm. June 14 from 2 – 7 pm. **New Waves Festival**. Under the leadership and inspiration of the Young Centre's twelve extraordinary resident artists, Toronto and its artists come together under one roof for a multidisciplinary explosion of original works and creative happenings. Boundaries will be blurred between disciplines, cultures, and generations as audiences and artists of our great city share their creative energy. The artists include choreographers, dancers, composers, singers, and other theatre people. The play list includes: The Refracted Band + The City Choir + Rumble and Rhyme + Live Juke and Jive + Where's Waleed? + Wanderlust + Sous le Soleil + Module + Seven Singing Structures + TransCanada Roadtrip + Into Light + New Song Stage + Ebb and Flow

Talkshow + The Continuous Jam + The Museum of Motherhood + From the Ground Up + Collaboratory Jam + more! Young Centre for the Performing Arts. 55 Mill Street. Building 49. FREE

Writing

- June 10 at 7:30 pm. **Gothic Toronto: Writing the City Macabre.** Reading amid the evocative architecture of The Music Gallery in St. George the Martyr Church, Michelle Wan, author of the *Death in the Dordogne* series, takes us down a dark and dreadful Dovercourt Road, while award-winning novelist and playwright Ann-Marie MacDonald casts a fearful eye on the lakeshore. Also making our hearts pound: Cherie Dimaline, Nalo Hopkinson, Tasleem Thawar and Andrew Pyper, bestselling author of *The Killing Circle*, a *New York Times* Crime Novel of the Year. The Music Gallery. 197 John St. (behind OCAD). FREE

June 12 from 6 – 10 pm. June 13 from noon – 10 pm. June 14 from noon – 6 pm. **5th Annual Waterfront Blues Festival.** Featuring bandshell performances from performers including David Rotundo, Larry Garner Blues Band, Treasa Levasseur, and many more. 1798 Queen St. East. Call 416-698-2152 or email festivalvenders@hotmail.com or visit www.waterfrontblues.ca/index.html. FREE

June 5 – 7. Various times and locations. **4th Annual Art of Jazz Global Jazz Village 2009 - Italian Style.** Art of Jazz is a not-for-profit organization, dedicated to jazz education and performance. The Jazz festival transforms the Distillery Historic District into a hotbed of rhythm, improvisation, harmony and sophistication. Distillery Historic District. 55 Mill Street. Call 416-840-7663 or email jazz@artofjazz.org or visit www.artofjazz.org. Many of the concerts are free. Here is a sampling.

- Friday, June 5 at 6:30 pm. Michael Occhipinti and the Sicilian Jazz Project. Trinity Stage. FREE
- Friday, June 5 at 11 pm. All Star Jam. Art of Jazz presents our annual open and curated All Star Jam Session hosted by Dave Restivo, Jim Vivian and Alyssa Falk. Fermenting Cellar. FREE
- Saturday, June 6 at noon. Dave Restivo Trio with Alyssa Falk and Ashley Summers. Boiler House Stage. FREE
- Saturday, June 6 at 1 pm. Rita Chiarelli - Romantic Italian Folk Songs. Trinity Stage. FREE
- Saturday, June 6 at 2 pm. Lisa Particelli's Girl's Night Out Showcase. Boiler House Stage. FREE

June 14 from 9 am – 3 pm. Community Association for Riding for the Disabled (CARD) CARDathon.

CARDathon in the Park. This event is a fundraiser for CARD but it is also a community event to which everyone is welcome. Events include pancake breakfast for 300, BBQ lunch, on-stage acts like the Sole Power Dancers, the Dave Matthews Band and the McFlies. Watch a magic show, a carnival of buskers, or take in a weird science project. Take a tour of the CARD facility, and have your picture taken with Larry, CARD's own miniature therapy horse. Learn how to milk a cow. Visit the RCMP Musical Ride Canteen, an art exhibit and sale by noted watercolour artist Hi Sook, experience the power of Music Therapy. G. Ross Lord Park. 4777 Dufferin Avenue. Dufferin and Steeles. Call 416-667-8600 or email info@sympatico.ca or visit www.card.ca/. FREE

June 12 – June 21. Various times and locations. **4th Annual Queer West Arts Festival.** Presented by Queer West Community Network. 2nd largest gay and lesbian festival before Pride. The only dedicated Queer Festival in Central Canada and now in its fourth year. 10 days of visual art, dance, theatre, literature and poetry readings, film and video screenings and talks with artists. Queen Street West from Roncesvalles to Dovercourt, Kensington Market and the Annex. Call 416-551-1709 or visit www.queerwest.org/. FREE

June 14 from 10 am – 6 pm. **Woofstock 2009.** The largest festival for dogs in North America. Quirky and fun, Woofstock offers festive entertainment and consumer shows in the historic St. Lawrence Market Neighbourhood District. (Front St. East and Jarvis). Call 416-234-9663 or visit www.woofstock.ca/. FREE

June 11 from 10 am - 3 pm. **Annual Health and Beauty Day.** Free gifts. Enjoy displays, demonstrations on massage therapy, make up, skin care, naturopathic medicine, and more. Central Eglinton Community Centre. 160 Eglinton Ave. East. Visit www.centraleglinton.com/ for more information. FREE

May 25 – June 25. Various times and locations. **Bike Month** presented by City of Toronto. This annual celebration of bicycle culture features events for cyclists of every stripe from family-friendly group rides to fast-paced racing. Bike Month Guides are distributed to Toronto's bike shops, public libraries and community centres. Over 100 events. Call 416-392-7592 or visit www.toronto.ca/cycling/bikemonth to download events calendar. FREE

Music

June 2 at noon. **Canadian Opera Company**. *World Music Series: The Art of Spanish Guitar*. Music from Spain and Latin America including works by Turina, Asencio, and Villa-Lobos. Raffi Altounian, guitar. Richard Bradshaw Amphitheatre. Four Seasons Centre for the Performing Arts. 145 Queen St. West. Call 416-363-8231. FREE

June 3 at 5:30 pm. **Canadian Opera Company**. *Renaissance Festival: Caelum et Terra!* Works by Britten and Fine; also Renaissance masters. Toronto Chamber Choir; Mark Vuorinen, conductor. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts. 145 Queen St. West. Call 416-363-8231. FREE

June 4 at noon. **Canadian Opera Company**. *Vocal Series: Lo Speziale/Der Apotheker*. Haydn operas reconstructed by Mahler. Aradia Ensemble, Kevin Mallon, artistic director. Richard Bradshaw Amphitheatre. Four Seasons Centre for the Performing Arts. 145 Queen St. West. Call 416-363-8231. Free.

Peer Support

Every Thursday from June 4 – July 23 at 6 – 8 pm. **Drumming to Our Own Beat**. Learn how to cope with your mood disorder in a musical way by beating away the blues! No experience necessary. Drums, maracas & cowbells provided. Instruction by Zephie of the Amazing Parkdale Drummers. Limit of 12 students. Mood Disorders Association. 36 Eglinton Avenue West. Suite 602. To register call Kim at 416-486-8046 x 223 or email kimu@mooddisorders.on.ca. Registration deadline is June 1. FREE

Photography

May 21 to June 4 from 4 – 9 pm. Youth @ access alliance invite you to the opening of **many faces ONE PEOPLE – view the world through our lens**. A photo exhibit celebrating 20 years of access alliance with music, performances, and refreshments. A celebration of 20 years of health, 20 years of dignity. 3040 Danforth Ave. For more information call Salma at 416-324-0927 x 233 or email youth@accessalliance.ca. FREE

Writers/Books

June 13 from 9 am – 5 pm. **Toronto Small Press Spring Book Fair**. The Toronto Small Press Book Fair meets twice a year, spring and fall. Small and medium-sized presses from Toronto and beyond gather to sell their chapbooks, books, ezines, graphic novels, journals, and other publications. There are on-site readings featuring some of Toronto's finest emerging, mid-career and established authors, a literary contest, talks, music, food, and more. Toronto Reference Library. Main floor. 789 Yonge Street. Email torontosmallpressfairgroup@gmail.com or visit <http://www.facebook.com/group.php?gid=19674885184> for itinerary. FREE

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